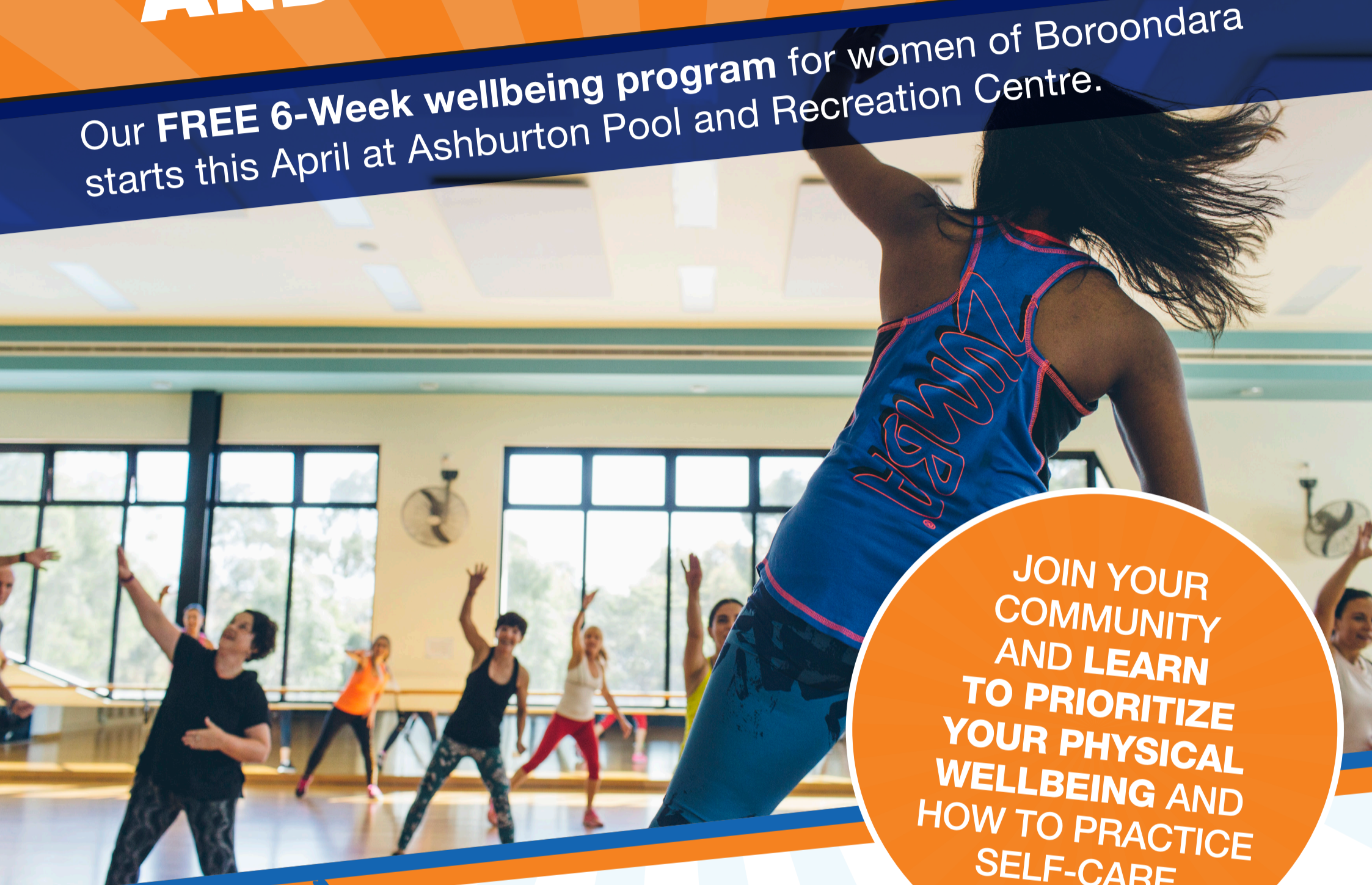


WOMEN'S BOLLYWOOD ZUMBA AND WELLBEING PROGRAM

Our **FREE 6-Week wellbeing program** for women of Boroondara starts this April at Ashburton Pool and Recreation Centre.



JOIN YOUR
COMMUNITY
AND LEARN
TO PRIORITIZE
YOUR PHYSICAL
WELLBEING AND
HOW TO PRACTICE
SELF-CARE.



Includes:

- **Six weeks of FREE Bollywood Zumba** activities at Ashburton Pool and Recreation Centre
- **FREE child minding and children's activities** at selected sessions
- **Three women's wellbeing seminars** delivered by Eastern Migrant Information Centre. Covering topics such as the benefits of physical activity, healthy eating, mental health and positive energy.
- **Free visit pass to access** Boroondara Leisure and Aquatic Facilities

[CLICK HERE FOR MORE INFORMATION AND TO REGISTER](#)